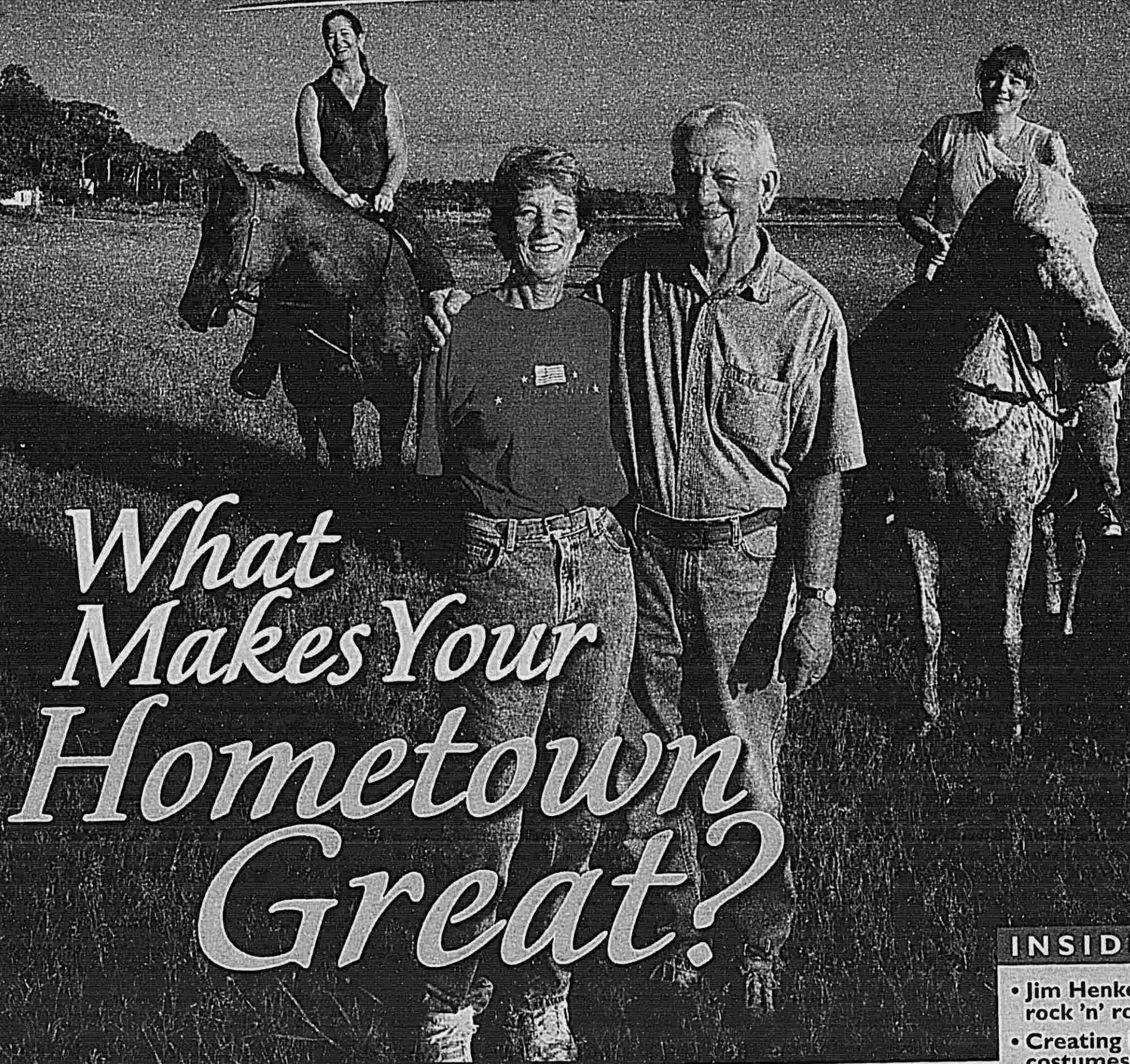


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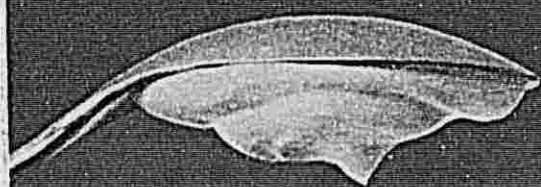
MIDWEST EDITION



*What
Makes Your
Hometown
Great?*

INSIDE:

- Jim Henke procures rock 'n' roll relics
- Creating Halloween costumes with kids
- Street Heat band rocks as a role model
- Traditional latkes (potato pancakes)



SO THICK. SO RICH. IT HAS TO BE...



Ask American Profile

Q Last week I saw John Wayne's movie *The Comancheros*. He sang a song with the words "the sun shines on pretty Red Wing." I can remember hearing that song when I was a boy. What can you tell me about it?

—Chuck Ramirez, Hollister, Calif.

"Red Wing," a Tin Pan Alley song about a heartbroken Indian maiden, was written by Kerry Mills and Thurland Chattaway in 1907. It's been performed and recorded by numerous artists through the years, including Bob Wills and the band Asleep at the Wheel. (And, by the way, it's the moon—not the sun—that shines on the "shy little prairie maid" as she weeps through the night, mourning the loss of her beloved warrior brave.)



Ricky Van Shelton

Q I don't hear anything about my favorite singer, Ricky Van Shelton, anymore. Is he retired?

—C. Donatto, Oshkosh, Wis.

Not exactly retired, but close. The country crooner decided this summer to pack up after 20 years in Nashville, Tenn., and move back home to Virginia—a transition that he says marks the end of his performing career. "Perhaps there will be other musical projects I can pursue without being away from home for long periods," he suggests, hinting about a CD of all-original songs he'd like to finish.

CMT SIDETRACKS

Gill & Krauss come together for "Cross Country"

Superstar Vince Gill and bluegrass virtuoso Alison Krauss combine forces for the second installment of CMT's popular performance series *Cross Country*, which brings together two artists to explore their common musical roots and share their music with one another. Watch the new *Cross Country*, taped in front a live audience in Nashville, Tenn., premiering Friday, Oct. 27 at 9 p.m. Central.



Jorja Fox stars in *CSI: Crime Scene Investigation*.

Q What can you tell me about my favorite *CSI* cast member, Jorja Fox? Is that her real name?

—Joseph Parisi, Annandale, Va.

A former teen fashion model, Jorja Fox, 38, was born in New York with the name Jorja-An Fox. She just began her 11th consecutive year on prime-time television, which has included recurring roles on *ER*, *The West Wing* and now *CSI: Crime Scene Investigation*. "I never thought *CSI* was going to make it," she admits. "I thought, 'Friday night, a show about death—this is going to be impossible.' But there was just something incredible about it." Fox is single and lives with her beloved boxer dog, Ali.

Q Dean Martin and Jerry Lewis were such a great comedy team, but I've heard they didn't get along personally. Is that true?

—Bradley Bueller, Bedford, N.M.

"Dean and Jerry were the first post-World War II superstars," says Rick Saphire, Jerry Lewis' personal representative. "Their public appearances generated a hysterical fan reaction unmatched until the advent of Elvis Presley. They worked together for 10 years in movies, nightclubs and television. Like all artists, they had ups and downs and eventually moved in different directions. The real point is not why they broke up, but that the two talented comedians worked together for 10 years." Martin died in 1995. Lewis, 80, has been national chairman of the Muscular Dystrophy Association for more than 50 years. ☆



Dean Martin and Jerry Lewis

* Cover photo by Gary Bogdon

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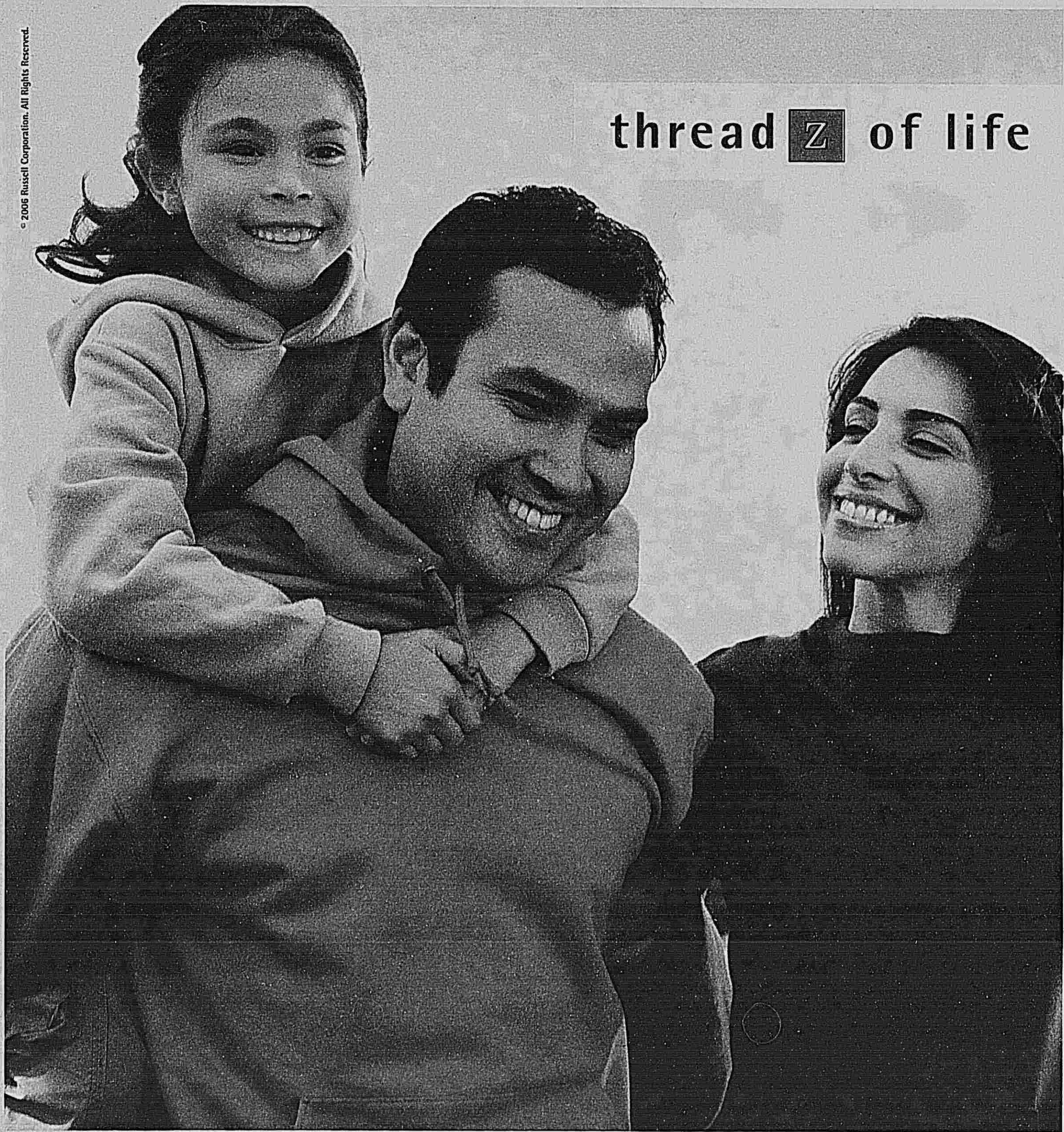
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Out-of-the-Box Costume Ideas

by ANNE GILLEM

Scaring up imaginative, original Halloween costumes for your little spooks doesn't have to be a frightening prospect. In fact, it's a great opportunity to tap into your creativity, spend time with your kids and save money, too.



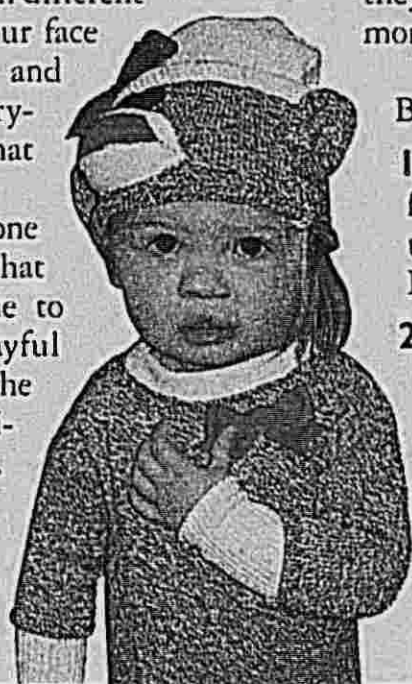
Michele Beschen

Thinking "out of the box" makes getting ready for trick-or-treating as much fun as Halloween night itself, says Michele Beschen, host of *B. Original*, a new daily craft show on the DIY television network. Recalling her own days of trick-or-treating while growing up in Savanna, Ill. (pop. 3,542), Beschen says making new costumes each year was a family affair.

"They were all handmade; none of them were out of the box from the store," Beschen says. "It was just fun to come up with different ways to put makeup on your face and put grownup clothes and accessories together. Everything was pulled from what we had around the house."

Beschen believes everyone has a creative side and that Halloween is a great time to express it. For fresh, playful and unpredictable results, the how-to hipster advises families to get the kids involved. This year, for instance, her 4-year-old daughter, Madeline, has been rummaging through a box of

Photo courtesy of Shelley Cornia



dress-up clothes to offer input on her Halloween outfit. "When kids are a part of the process, and they've helped make the costume, they're usually more prone to wear it," she says.

For "out of the box" Halloween costumes, Beschen offers these five tips:

1. Organize a costume swap, asking friends and family to bring along costumes and accessories that their kids have outgrown or grown tired of. Let everyone come up with personal variations.
2. Give an old costume a new look, or customize a purchased costume. Combine different elements from various costumes, creating your own version of a superhero or princess.
3. Think in multiples. Assemble a group costume, such as a six-pack of soft drinks,

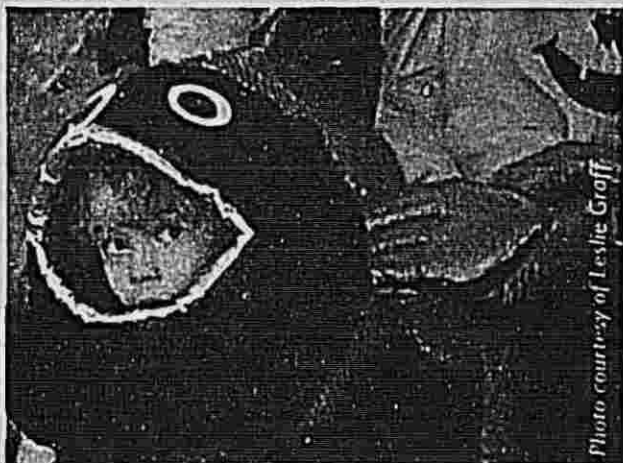
Shelley Cornia's daughter dons a homemade sock monkey costume.

tools for a workbench or individual

books for a library. Older kids particularly enjoy coordinating and trick-or-treating as a pack.

4. Visit a thrift store. These shops can be a gold mine—and economical—when putting together a costume. Turn old prom dresses and evening wear into one-of-a-kind princess and fairy costumes. Flannel nightgowns and flannel shirts are great for would-be pioneers, cowboys or lumberjacks. Jewelry and accessories make for an easy embellishment.
5. Look around your house for endless costume possibilities. Hula hoops can form the base for cans, snakes or worms. Wire hangers can become the frames for wings. A new mop head can serve as a great head of hair. Cardboard boxes are a good starting point for robots, games, cartoon characters or even ice cream treats. Aluminum dryer vents work well for astronaut, robot and tin man costumes.

Leslie Graff of Sutton, Mass. (pop. 8,250), shares Beschen's enthusiasm for creative costumes, and believes the time and effort invested are well worth it. The mother of two young boys, Graff last year made a shimmer-



Leslie Graff's fishy creation was a hit with her son. ing, padded fish costume for 5-year-old Bennett, complete with fins, tail and head. A year later, it's still a favorite dress-up outfit.

"It's fun for them to get noticed and feel special," Graff says. "When you do a great costume, they feel more of that persona when they put it on."

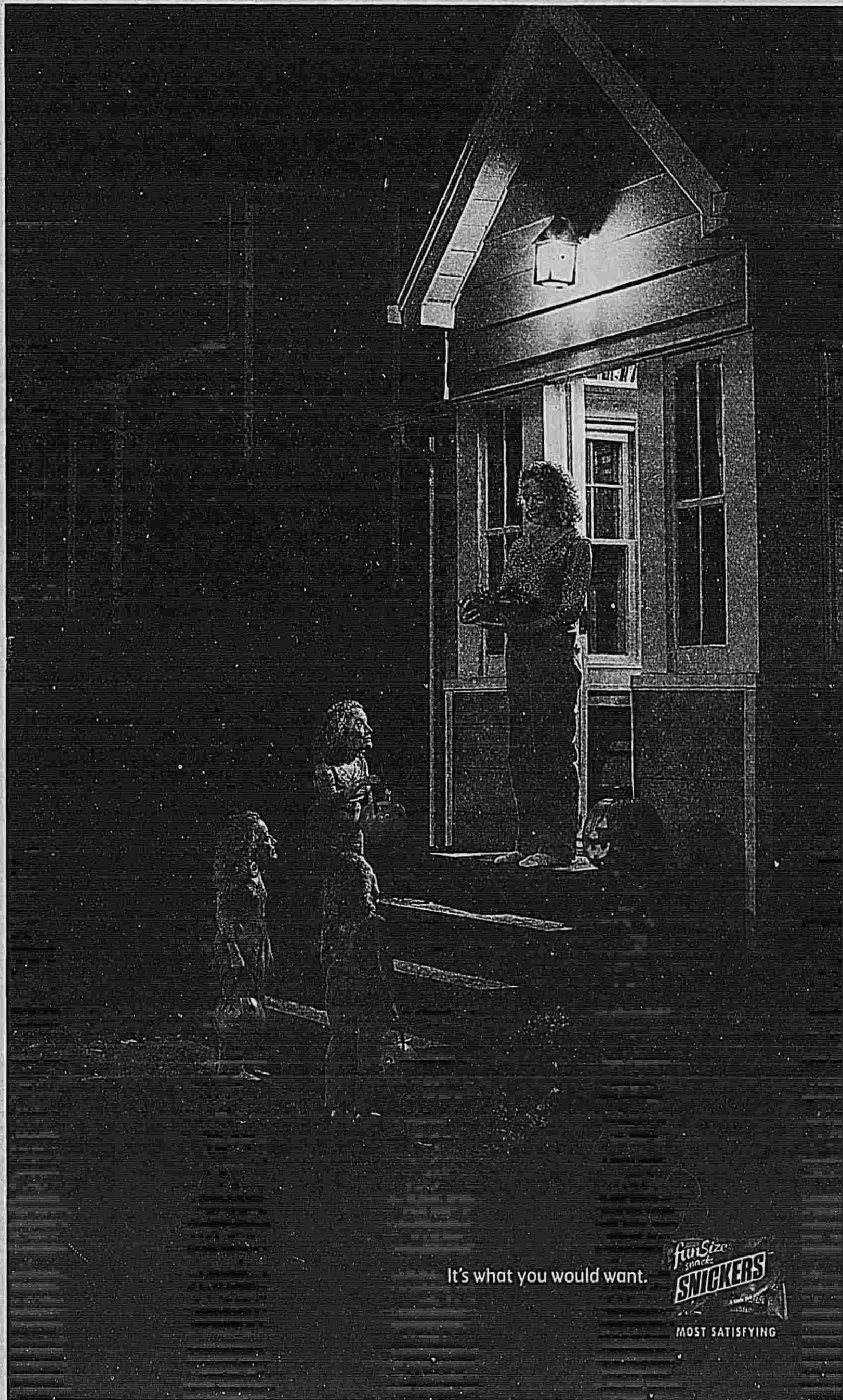
Shelley Cornia, of Madison, Wis., created a sock monkey costume for her 2-year-old, Beatrix. She cut open several pairs of extra-large socks and sewed them together for the torso, then attached four other socks for arms and legs.

"I wanted the costume to match her personality, and she's a big jumper and climber," Cornia says. "She wore her costume when we went to the zoo, and everyone went crazy over it." ☆

Anne Gillem is a writer based in Brentwood, Tenn.

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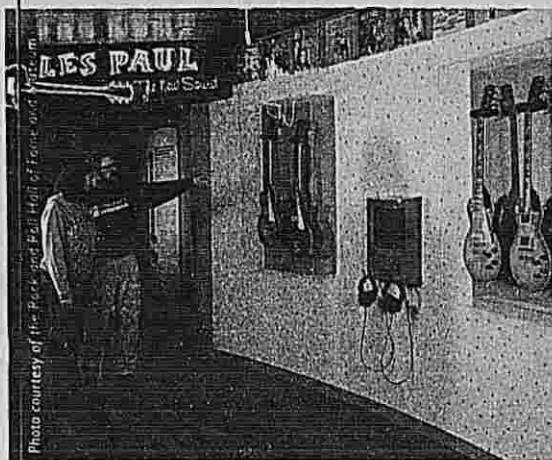
by VIVIAN WAGNER

Curator of Rock 'n' Roll Relics

If you ask Jim Henke, 54, about music concerts he attended as a teenager growing up in the Cleveland suburb of Bay Village (pop. 16,087), he'll show you a meticulous list he compiled on a manual typewriter in 1970: January 31—Three Dog Night, Catfish, Hoyt Axton. February 13—The Doors, Eli Radish. The list goes on and on.

Today, Henke is just as meticulous in his work as the curator for the Rock and Roll Hall of Fame and Museum in Cleveland, where he documents the ongoing history of America's loudest and most untamed music.

"Going back to when I was a little kid, two things I always really liked were rock 'n' roll and writing," says Henke, who spent nearly two decades as an editor and writer at *Rolling Stone* magazine.



A tribute to electric guitar innovator Les Paul graces the walls of Cleveland's Rock and Roll Hall of Fame and Museum.



Acquiring memorabilia for exhibitions such as this Memphis, Tenn., music display is all in a day's work for Jim Henke (pictured at right).

His love and in-depth knowledge of the musical genre led the museum's board of directors to seek him out and hire him as vice president of exhibitions and curatorial affairs in 1994, one year before the Rock and Roll Hall of Fame and Museum opened.

"He's like a walking rock 'n' roll encyclopedia," says Sharon Uhl, an executive assistant at the museum. "Instead of Googling something, I go ask Jim. He's very funny, extremely smart and extremely passionate about what he does."

Although Henke had no experience as a curator, he says the job is similar to his work as a journalist. "The way I approached it was like writing a book about rock 'n' roll," Henke says of his work creating the early exhibits that serve as the museum's bedrock.

An author of several music-related books, Henke uses his storytelling skills to convey rock's history in words as well as with guitars, cars, album covers, interactive music kiosks and sequined jackets. Under his guidance, the museum has welcomed more than 5 million visitors since opening in 1995, and has grown to include more than 14,000 rock 'n' roll artifacts, from Chuck Berry's guitar and Little Richard's stage clothes to Ray Charles' trademark sunglasses and Buddy Holly's high school diploma. In fact, many of the museum's artifacts can be traced directly to Henke's persistence.

(Continued on page 8)



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MIN037

The museum has welcomed more than 5 million visitors since opening in 1995.

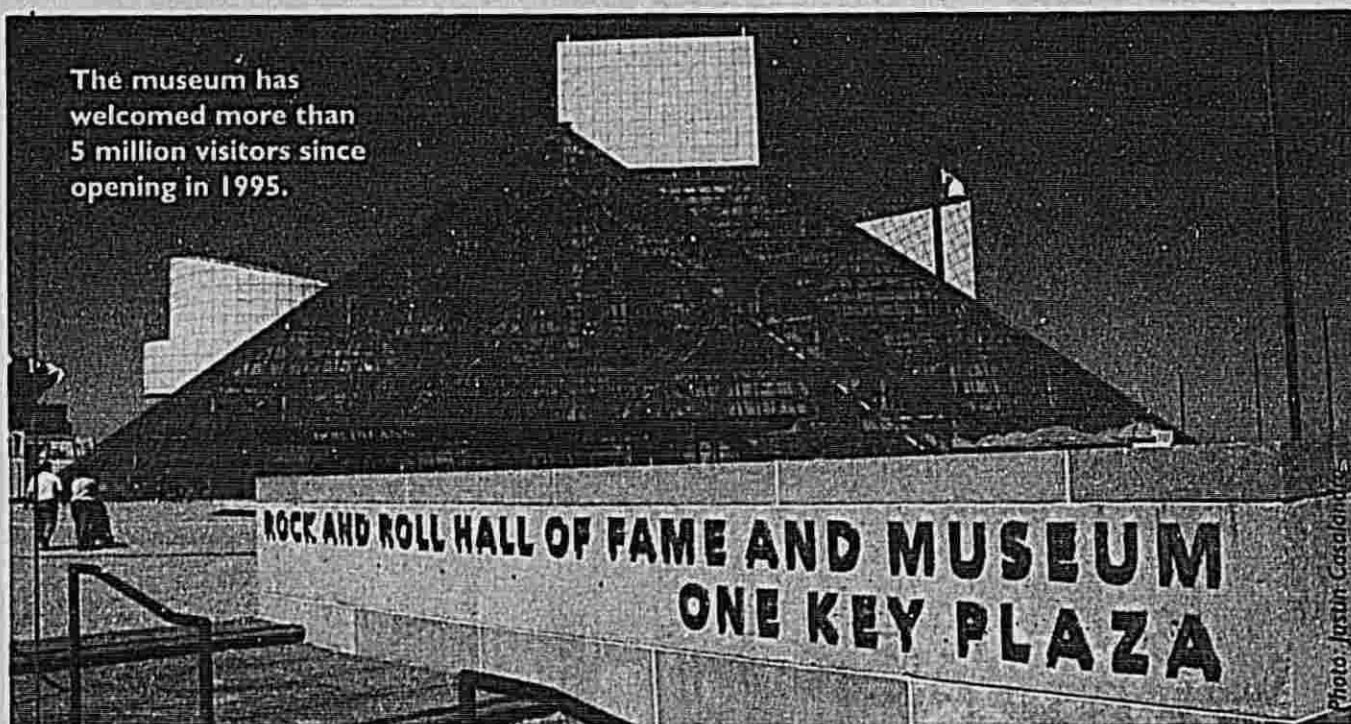


Photo: Justin Casale

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WHAT IS THIS NOTICE ABOUT?

A proposed settlement has been reached in a class action lawsuit relating to Shape Up! Products. The settlement will provide benefits to people who bought Shape Up! Supplements on or before July 1, 2006. If you qualify, you may: submit a Claim Form to get benefits; exclude yourself; or object. If you only purchased Shape Up! Bars and Shakes, you are a Class Member, but you will not receive personal benefits; instead your benefits will go to Court approved charities. This Notice is only a summary. The Settlement Agreement, posted at www.shapeupsettlement.com, contains the complete terms of the proposed settlement.

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Defendant CSA Nutraceuticals, GP LLC ("CSAN") began selling Shape Up! Products in 2003. These products include the Shape Up! Apple, Pear, and Intensifier Supplements and Shape Up! Complete Nutrition Bars and Complete Nutrition Shakes (consisting of shake mixes and ready-to-drink shakes). Shape Up! Products were sold nationwide.

WHAT IS THIS CASE ABOUT?

Consumers filed a class action on behalf of all U.S. residents who purchased Shape Up! Products, including Supplements, Bars and Shakes. The representative Plaintiffs allege that Defendants CSAN and Philip C. McGraw made material misrepresentations concerning Shape Up! Products. Defendants' position is that the Shape Up! Products were accurately described, that Defendants acted properly, and that McGraw did not receive any money from the sale of the products as his endorsement fee was paid directly to charity. The settlement is not an admission of wrongdoing or an indication that any law was violated. The Court did not reach any decision regarding the case or make any determination about the strengths or weaknesses of the parties' contentions.

WHAT ARE THE TERMS OF THE SETTLEMENT?

A fluid recovery fund will be established consisting of \$6.0 million in product (Nutrilite® Daily Multivitamin Multimineral, 6-month supply) and \$4.5 million in cash (the "Fund") for the benefit of Settlement Class members. McGraw will have no personal obligation to provide any cash or product required for the Fund. Purchasers of Shape Up! Supplements can claim cash or product, but not both. All administrative costs of the settlement, Plaintiffs' attorneys' fees, Plaintiffs' incentive awards and purchasers' cash reimbursement claims shall be paid out of the \$4.5 million cash portion of the Fund.

WHAT ARE MY RIGHTS?

To receive cash or product under the settlement, you must postmark and mail a Claim Form on or before January 22, 2007. For each box of Shape Up! Supplements purchased up to a maximum of four boxes, you can get a distribution of either: (i) two bottles of Nutrilite® Daily Multivitamin Multimineral, six-month supply, suggested retail price totaling \$83.20; or (ii) \$12.50 in cash. The court will reduce payments if there are more claims than cash or product available for distribution. Cash and/or product remaining after claims are paid will be donated to charitable organization(s).

If you do NOT want to remain part of the Settlement Class, you may exclude yourself ("opt-out") by postmarking and mailing a written request, postage prepaid, on or before November 28, 2006. If you wish to object to the settlement you must do so on or before November 28, 2006. A detailed notice, posted at www.shapeupsettlement.com or available by calling (888) 212-5570, explains the requirements to exclude yourself, object, or submit a Claim Form.

You may contact counsel before deciding whether or not to participate. The Settlement Website www.shapeupsettlement.com identifies Plaintiffs' Class Counsel. A Final Approval Hearing, when the Court will consider the adequacy and fairness of the settlement and any application for payment of attorneys' fees of up to \$2.5 million for investigating the facts, litigating and negotiating the settlement, plaintiffs' incentive awards, and the validity of certain requests for exclusion has been scheduled for December 15, 2006 at 8:00 a.m., 600 S. Commonwealth Ave., Dept. 324, Los Angeles, CA 90005. To appear at the Final Approval Hearing, you must, no later than November 28, 2006, file with the Court and postmark and mail to the address below a written notice of intention to appear together with supporting papers including a detailed statement of the specific objections or contentions made.

HOW DO I GET MORE INFORMATION?

Call (888) 212-5570, visit the Settlement Website address: www.shapeupsettlement.com, or write to Shape Up! Litigation Settlement, c/o The Garden City Group, Inc., P.O. Box 91177, Seattle, WA 98111-9277, for more information. You may also seek advice and guidance from your own attorney at your expense.

PLEASE DO NOT WRITE OR CALL THE COURT FOR INFORMATION ABOUT THE PROPOSED SETTLEMENT OR THIS LAWSUIT.

(Continued from page 6)

Just as he did as a music journalist, Henke makes phone calls, pounds the pavement and doesn't take no for an answer. He spent years in talks with Apple Records in London—the Beatles' record label—before finally lining up records, mementos and original footage for an exhibit on George Harrison's Concert for Bangladesh. He logged countless hours sending e-mails and making phone calls until members of ZZ Top allowed him to fly to Houston to obtain their stage props and guitars for an exhibit.

Much of Henke's success stems from his solid reputation and ability to put artists and their families at ease. "He was very much in tune with what we wanted," says Janie Hendrix, sister of the late guitar legend Jimi Hendrix. While overseeing her brother's estate, Hendrix has worked closely with Henke, and loaned the museum numerous items. "He's very gentle, very kind, very respectful of people," she says.

Henke also is well connected. He used his friendly relationship with the Irish rock band U2—which he first wrote about in 1980—to obtain items for a 2003 museum exhibit, including the band's handwritten lyrics, stage costumes and even the first U2 T-shirt from the band's teenage years.

"I enjoy it," Henke says of his job as caretaker of an American-born art form. "I like the idea that we're passing on the history of rock 'n' roll." ☆

Vivian Wagner is a freelance writer in New Concord, Ohio.

Visit www.rockhall.com to learn more.



An exhibit includes guitars used by Roy Orbison and Chet Atkins.

Photo courtesy of the Rock and Roll Hall of Fame and Museum

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The Tatman family enjoys the natural wonders of Geneva, Fla.

Photo: Gary Bogdan

What Makes Your Hometown Great?

When *American Profile* posed this question to readers, responses brimming with passion and pride poured in from across the nation. Some cited their hometown's unique history and charm, while others described breathtaking scenery and the kindness of townspeople.

Rhonda Corchado says no strangers live in Lyons, Colo. (pop. 1,585), where residents have very strong arms. "When you drive down the road and wave," she says, "you just leave your arm out the window in one continuous gesture."

Bill Cox proudly notes that his hometown of Danville, Ky. (pop. 15,477), was chosen as the site of the only vice-presidential debate of the 2000 presidential campaign.

Cindy Simon loves the backdrop of the Catoctin Mountains in the fall, when "bursts of orange, red and yellow frame my hometown of Frederick, Maryland."

Here are excerpts from other readers describing what makes their hometown great.

Beautiful surroundings

At home here in Geneva, Fla. (pop. 2,601), the heavens at night are bright with stars, the evenings lit by fireflies, the spring scented with orange blossoms, and hoof-printed, crushed shell roads wind around large cattle ranches, wooded and fenced horse paddocks, old barns and cottages on the shores of Lake Harney. God Bless and long live Geneva!

—Chuck and Marie Tatman

Every July, over 35,000 people from all over the world descend on the little town of Sequim (pronounced Skwim) for the annual Lavender Festival. What they discover in addition to the colorful, aromatic lavender plants grown on over 40 lavender farms is why Sequim, Wash. (pop. 4,334), is listed as one of the top 10 best undiscovered towns in the West, and one of the best places to retire.

—Don Fournier

The 1996 Olympic Whitewater Events were held on the beautiful Ocoee River. The events, river and soothing blue mountains make lifetime memories. As I watch the sunrise over the mountains and see their parade of colors as the sun sets, I am thankful to live in such a beautiful place. Benton, Tenn. (pop. 1,138),

is a place where peace abounds and memories are forever!

—Helen Churchwell

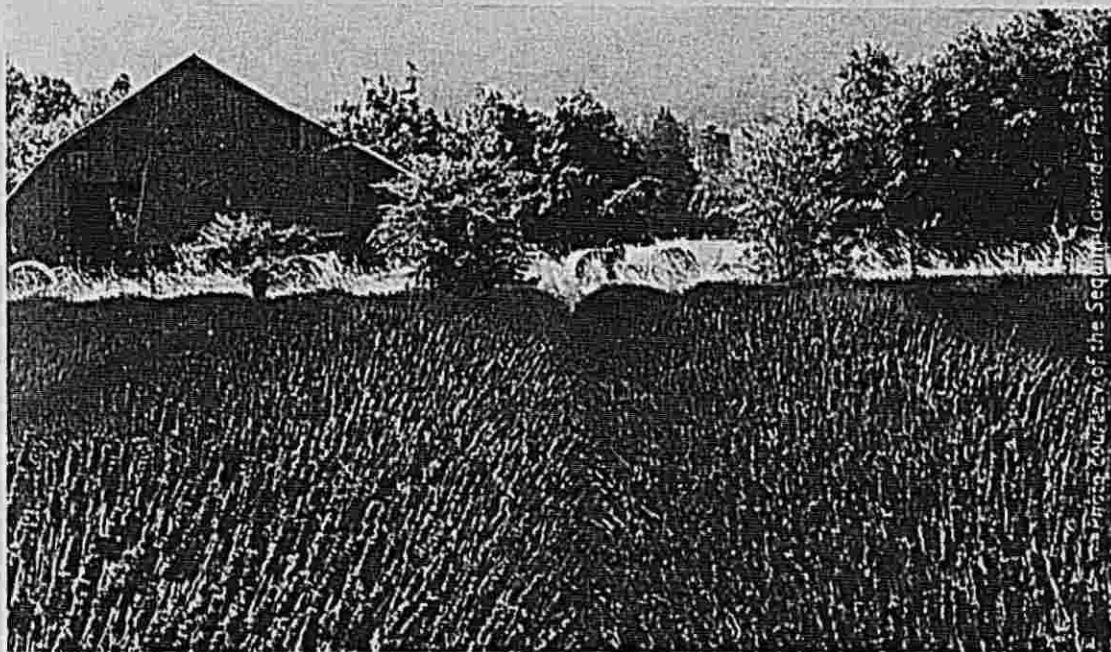
Friendly folks

People in Canton, Mich. (pop. 76,366), are the nicest people in the world. Well, maybe not the whole world, but the nicest people in Michigan. The Canton people hold doors for cripples and old people. I know, because I've been both. They do it with a smile; they do it because they want to. Recently a firefighter was killed and everyone chipped in to help the family. Three cheers for Canton!

—Margorie R. White

Waddy, Ky., is a small town in Shelby County. On Labor Day, the Waddy Day Parade takes place. Our Main Street is decorated with American flags flying from street posts and porches. Friends and family from miles around congregate, crowding the sides of the street waiting for the parade to begin. My heart echoes who I am when I see friends, neighbors, people of various races and degrees of relationship come together to celebrate community. It is a poignant reminder to me—this is America. This is the spirit of my hometown.

—Glenda Blair



Fragrant farms dot the landscape of Sequim, Wash., Lavender Capital of North America.

Caring residents

While I was taking a walk with my daughter I fell on the sidewalk and a woman in a car actually turned around and came back to make sure I didn't need a lift to the doctor. That's small town caring! Shops display congratulations to our students when they achieve a positive accomplishment and stand beside them when they need encouragement. Neighbors watch each other's homes and look for lost dogs together. These are just a few of the reasons I feel my hometown of Grayslake, Ill. (pop. 18,506), is great.

—Vicky Meritka

In Oak Lawn, Ill. (pop. 55,245), our Christ Hospital and its adjoining Hope Children's Hospital accept children and families from around the world. These families, who often have unique problems, are given another chance for a better life. The local residents often contribute time and money to the parent or family members' expenses for what can sometimes be a long stay in the area while their child recovers... Who wouldn't be proud to be an Oak Lawn resident?

—Margaret (Peggy) Ryan Nevins

Nineteen years ago, my sisters and their families were visiting. All of us attended the annual Klamath Falls (Ore.) Fourth of July parade. After the parade, we gathered our group at a nearby street corner and realized my 4-year-old nephew was missing! After searching for a few minutes, we spotted a family with three little boys returning to the same spot. In disbelief, we saw that they were holding hands with my nephew in tow. That special family not only returned my nephew to us, but did so in a manner that he was not scared or upset about being lost. The kindness displayed by this family is typical of the caring townspeople in Klamath Falls (pop. 19,462).

—Lawn Ann Ostrick



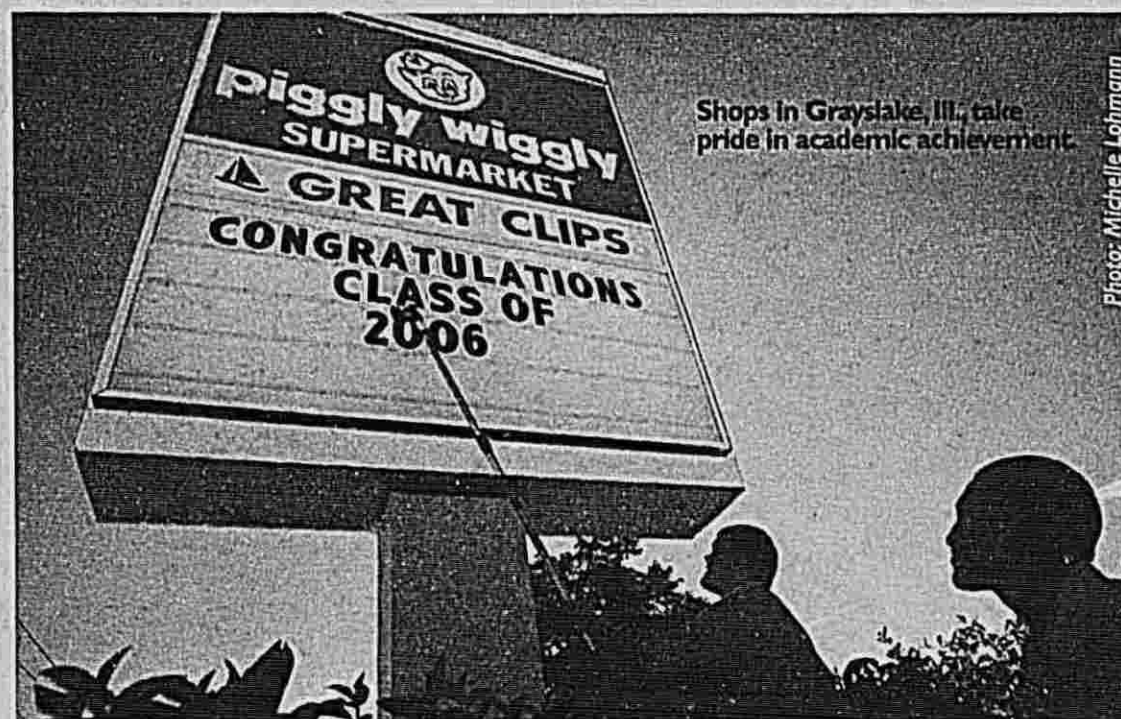
The Dial-A-Ride program in Enfield, Conn., keeps senior citizens active.

North Platte, Nebraska's most shining hour came during World War II when thousands of volunteers from 125 communities came together to organize the North Platte Canteen. From Christmas Day 1941 until the war ended five years later, every single troop train was met night or day. Six million servicemen with uncertain futures were served free refreshments, and perhaps just as important were the smiles, love, respect and honor shown during those 10-minute rest stops in North Platte (pop. 23,878).

—Judy Herbst Brown

The importance of education permeates Siloam Springs, Ark. (pop. 10,843), home to John Brown University. Thirty years ago, two mothers with seven high school kids between them knew they would need help in getting them through college. Soon a plan was developed. The women approached business people and organizations about sponsoring individual scholarships. The response was encouraging and 27 seniors received scholarship money. This past year more than 100 students received nearly \$500,000 to further their education. These gifts all are raised locally. Many of them are memorials or gifts to honor community members.

—Joyce Anne Munn



Shops in Grayslake, Ill., take pride in academic achievement.

I live in Enfield, Conn. (pop. 45,212), home of the Enfield Dial-A-Ride. What makes this program unique is its availability, home pickups and wide variety of destinations (shopping, doctors, hair salons, nursing home visits). It transports senior citizens and physically challenged individuals. It's my lifeline to independence. I am a physically challenged individual who has never driven a car. With this wonderful program I am able to volunteer daily as well as be active and independent.

—Jayne van den Bosch

Famous people, places and events

Located in the mile-high desert of north-west New Mexico, my hometown of Farmington (pop. 37,844) is unique. It is in the "Four Corners" area—the only place in the United States where four states—Colorado, Utah, Arizona, and New Mexico—meet in one spot. The big sport here is baseball! Every August, the town hosts the Connie Mack World Series for players 17 to 19. Major league scouts and thousands of fans come to see the future stars of the game.

—Nancy Coats

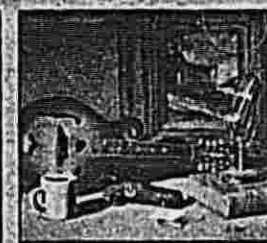
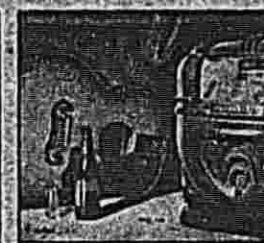
(Continued on page 18)

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Hometown Heroes

Rockin' Role Models

by PAM WINDSOR



Police officer Sonya Talbot, deputy sheriff Cliff Gagel and officer Chuck Minor entertain as part of the Street Heat band.

Seventh- and eighth-graders pour into the gym at South Laurel Middle School in Laurel, Ky., quickly filling the bleachers. Doubly excited, they are not only excused from class, but it's for a rock 'n' roll concert.

As the last students settle into their seats, the band Street Heat launches into "Nod Your Head," a popular song from the movie *Men In Black II*, and the students rise to their feet to clap, sing along and move to the groove.

Street Heat, based in Louisville, Ky., has been performing shows like this for 15 years at schools and other venues across Kentucky. But they're not your typical rock band. Its members are full-time police officers, sheriff's deputies, correctional officers and firefighters who volunteer their time to use music to reach kids with messages about resisting drugs, avoiding violence, dealing with peer pressure and believing in themselves.

Lead singer Billie Monk, 52, a correctional officer, says the reaction to the shows, especially in rural areas, is amazing. "We have actually gone to schools that have never seen a concert," she says. "Not a rock 'n' roll concert, anyway. You'd think we were Van Halen."

Police officer Sonya Talbot, 40, is a vocalist in the band. "Music crosses all boundaries," she says. "This is a positive connection with law enforcement where they can hear from someone other than their parents, other than their teachers, people who are encouraging them to do the right thing."

Street Heat works to stay current on music popular with kids. Their repertoire includes songs on the current pop charts, some rap, a bit of country and even a few golden oldies. But they're careful to select songs with positive messages consistent with their musical mission. For example, "I'm a Believer," the 1966 Monkees smash reworked for the movie *Shrek*, is presented with a commentary encouraging kids to "believe in themselves." Before singing the Maroon 5 hit "Harder To Breathe," Talbot tells the kids that making bad decisions can make you feel trapped, making it indeed "harder to breathe."

The group also modifies the lyrics of some songs. The 1984 hit "Ghostbusters" becomes "Drugbusters." The tag line of the 1995 TLC pop hit "Waterfalls" ("Don't go chasing waterfalls") becomes "Don't go chasing drugs." Percussionist

(Continued on page 14)

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(Continued from page 12)

Barry Shaw, 46, a correctional officer, says the band hopes when kids hear the original tunes on their radios or iPods after a Street Heat show, they'll remember the Street Heat versions. Maybe, he says, "it will make them think about the anti-drug message we put out."

Police chaplain Tom Dillard plays the sax.



Photo: Bowling Green Daily News-John McCoy

One of the most effective ways to measure the band's success is through the feedback after a performance—sometimes years after. It's not uncommon for the group to hear from former students, now adults, who say hearing Street Heat had a positive impact on their lives. "I don't remember much of my middle school years," says Montez Davis, 27, of Louisville, who saw Street Heat in the early 1990s. "But I remember Street Heat. Hearing how to be responsible, how not to get caught up in peer pressure, to respect your elders, to stay in school and to just be a good person—it stuck with me."

The message also seems to be sticking with kids like South Laurel seventh-grader Kyle Smith. "I liked the music," says Smith, "and the whole point of it was good, too—don't do drugs."

Brooke Butler, an eighth-grader at Louisville's Farnsley Middle School, says Street Heat's music encourages kids not to follow the crowd. "You should just say no to

drugs and drinking and smoking, instead of trying to fit in with other people," Butler says. "Let them try to fit in with you."

Firefighter and bass guitarist Gerald Shively, 43, says the members of Street Heat believe they're indeed making a difference, which is why the group has stayed together for so long.

"You hope that what we're doing does have an impact," he says. "That's why we put our hearts into it." ★

Pam Windsor is a writer in Louisville, Ky.

Call Lt. Col. Carl Yates with the Jefferson County Sheriff's Department at (502) 558-1049 for more information.

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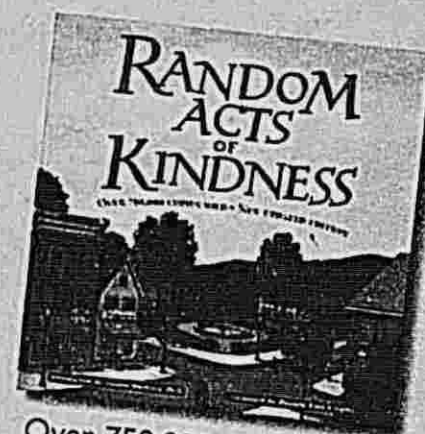
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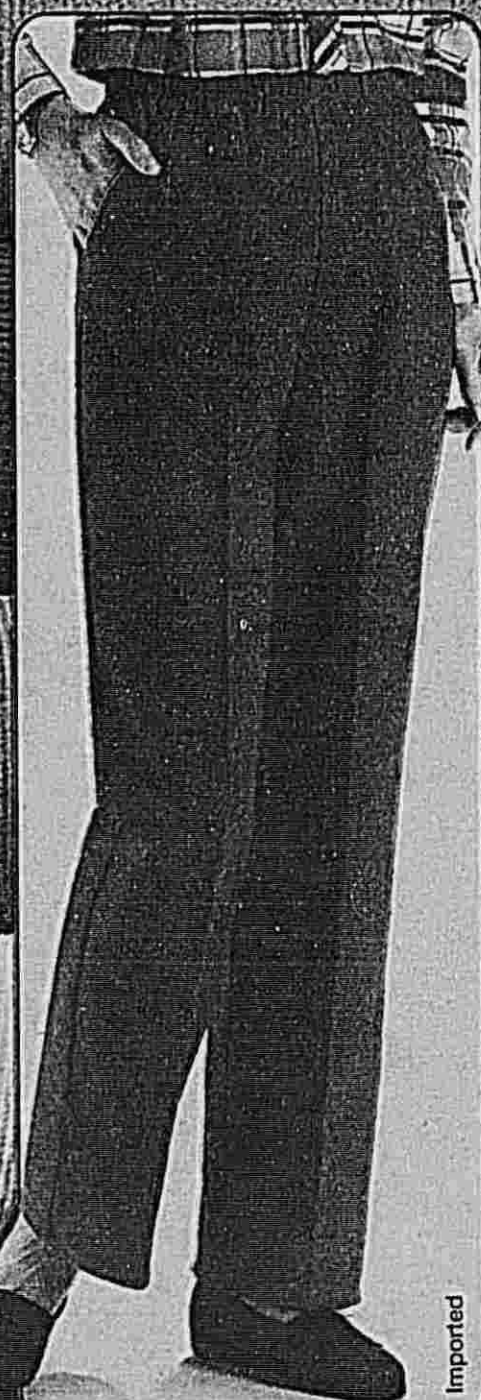
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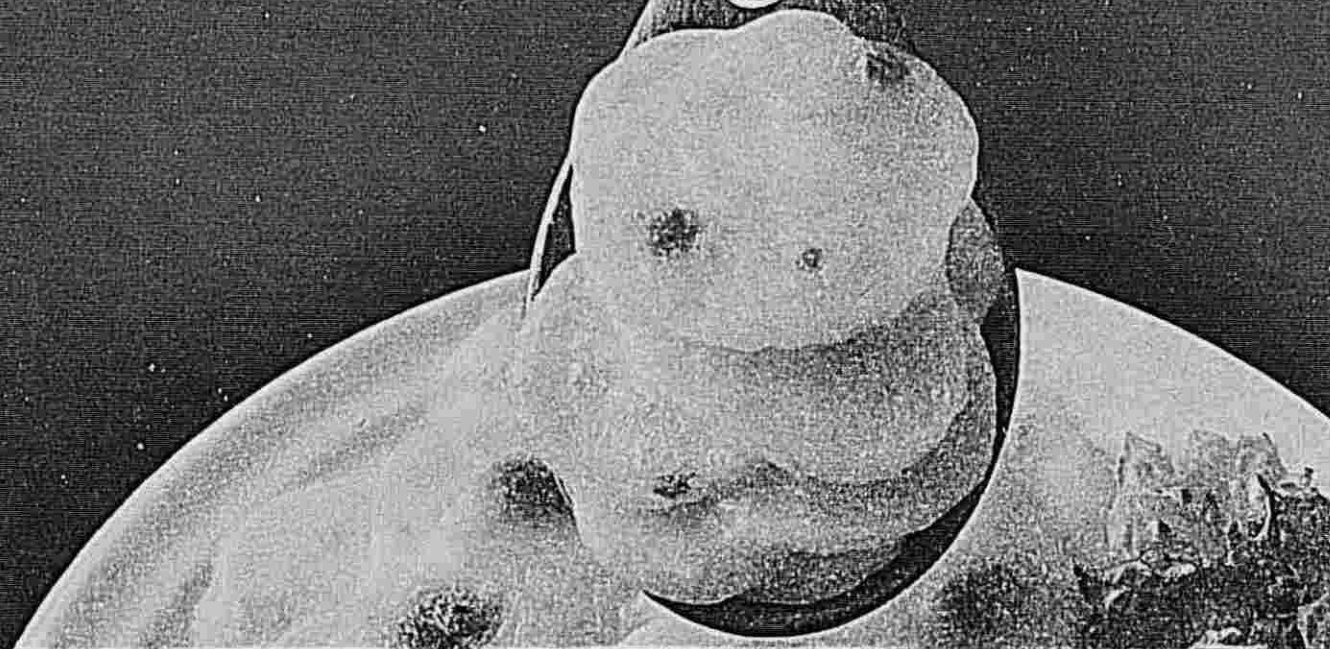
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Hometown Recipes

from LEONARD A. GARDNER

Latkes

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RECIPE: Latkes

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Leonard A. Gardner
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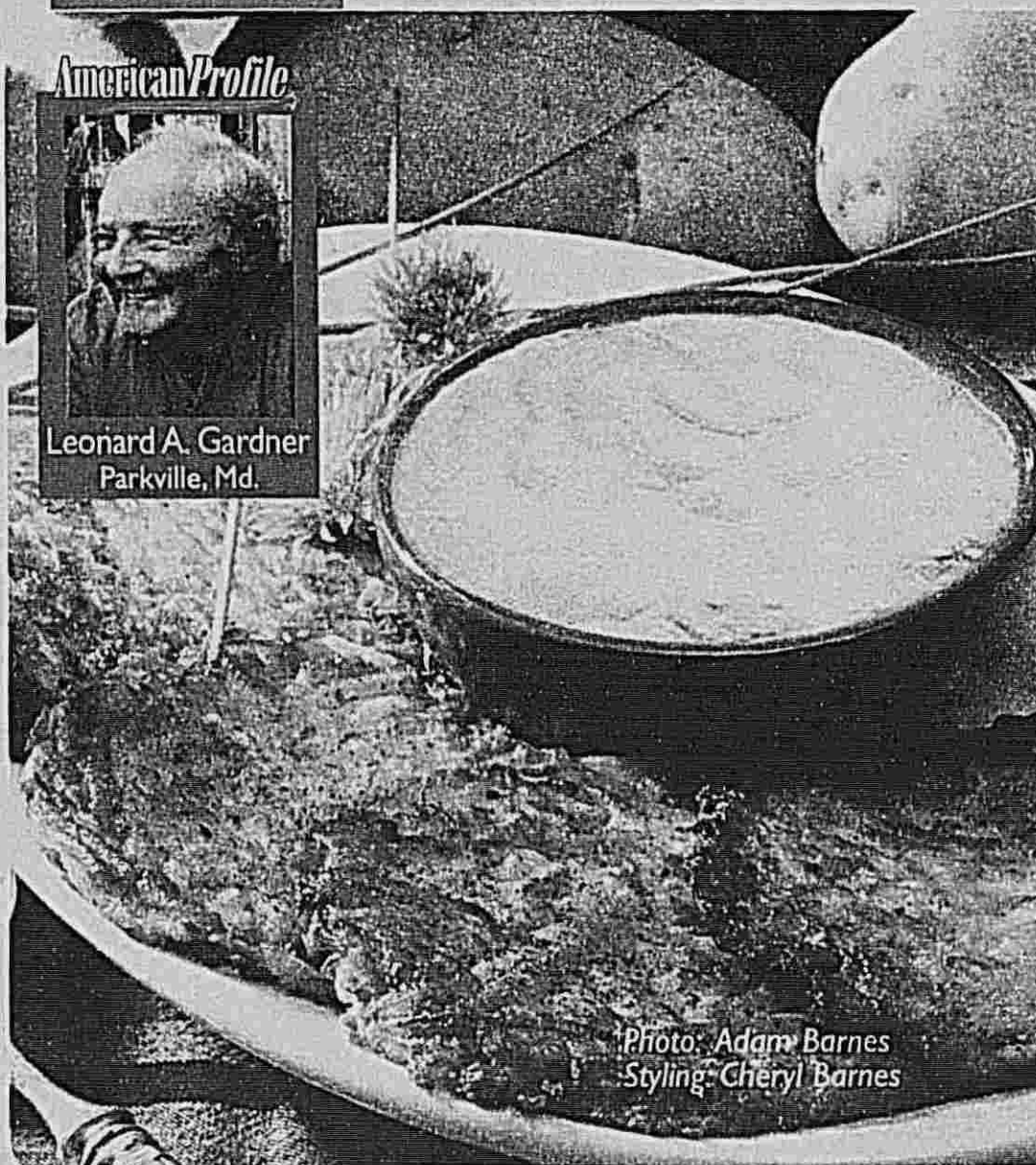


Photo: Adam Barnes
Styling: Cheryl Barnes

Latkes

- 2 large potatoes, peeled and quartered
- 1 small to medium onion, peeled and quartered
- 2 large eggs
- 2 to 4 tablespoons milk
- 2 tablespoons melted butter
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ⅛ teaspoon pepper
- Vegetable oil

Shred potatoes and onions using a food processor or hand grater. Press potatoes and onions lightly in a dish towel to remove excess liquid. Whisk or process eggs, milk and butter together. Add flour, salt and pepper; mix well. Fold into potato mixture in a medium-size bowl. Heat several tablespoons of oil in a heavy skillet. Scoop mixture, using ¼ cup for each latke, into heated oil. Press to form 4-inch diameter pancakes. Brown each side. Yield: 8 to 10 pancakes.

Tips From Our Test Kitchen:

Serve with sour cream or applesauce.

Tidbits

Did You Know...

ILLINOIS—The Northwest Passage Root Beer Saloon in Alto Pass (pop. 388) serves a variety of micro-brewed draft root beer in frosty mugs and toasts itself as the world's first root beer saloon.

INDIANA—America's first "union depot" was built in Indianapolis in 1852-53. The term "union" was used because the depot combined and centralized the many independent railroad lines. The Crowne Plaza Hotel is within the station and has 26 authentic Pullman car guest rooms.

Hulman and Co. of Terre Haute (pop. 59,614), makers of Clabber Girl Baking Powder, opened the Clabber Girl Museum in 2002. Before the 1879 introduction of manufactured leaveners, bakers mixed sour (or clabbered) milk with a form of baking soda. The mixture would release carbon dioxide into the dough, causing it to rise. Manufactured baking powder produced a more consistent and reliable result.

IOWA—Coordinator of the Small House Society, Greg Johnson of Iowa City (pop. 62,220) lives in a chalet that is 7 feet by 10 feet. The microhouse movement bucks the decades-long trend to build ever-bigger homes.

KANSAS—Topeka is the self-proclaimed birthplace of Alfred E. Neuman, the goofy logo character of *Mad* magazine. Before making the magazine's cover, the drawing of the smiling gap-toothed boy served as a local dentist's logo to advertise his pain-free services.

MICHIGAN—The largest free-range elk herd east of the Mississippi River roams in the aspen-filled Pigeon River State Forest in Otsego County (pop. 23,301), east of Vanderbilt (pop. 587). Motorists can see the herd from designated viewing areas.

MINNESOTA—Opened in 1929 as an ultra exclusive retreat, the Naniboujou Lodge near Grand Marais (pop. 1,353) lists baseball great Babe Ruth, boxer Jack Dempsey and sports writer Ring Lardner among its charter members. Cree Indian designs and a 200-ton native stone fireplace embellish the dining room.

MISSOURI—The Battle of Wilson's Creek, fought near Republic (pop. 8,438) on Aug. 10, 1861, was the first major Civil War engagement west of the Mississippi River, involving about 5,400 Union troops and 12,000 Confederates. Although a Confederate victory, the battle led to greater

acre battlefield, which has changed little from its historic setting and is in near pristine condition.

NEBRASKA—Elizabeth Robb Douglas invented the collapsible voting booth in 1905 before women even had the right to vote. Her invention led to the formation of Douglas Manufacturing Co. in Crete (pop. 6,028), which keeps elections running smoothly.

NORTH DAKOTA—The U.S. Fish and Wildlife Service operates two federal fish hatcheries in the state—the Valley City (pop. 6,826) National Fish Hatchery and Garrison Dam National Fish Hatchery in Riverdale (pop. 273).

OHIO—In 1883, Barney Kroger invested his life savings of \$372 to open a grocery store in downtown Cincinnati. He was the first grocer to offer a bakery and to combine a meat market and grocery store under one roof. Today, Kroger Co. is one of the nation's largest grocery retailers.

SOUTH DAKOTA—Davin Holland of Tabor (pop. 417) reeled in a state record flathead catfish from the James River in June. The whopper weighed 63.5 pounds, was 47 inches long and had a girth of 30 inches.

WISCONSIN—Known as the "father of Social Security," economist Edwin Witte developed the plan for the federal insurance program while serving as executive director of President Franklin D. Roosevelt's Committee on Economic Security in 1934. Witte was born on a farm near Watertown (pop. 1,876) in 1887.

Stonefield estate in Cassville (pop. 1,085), once the site of the elaborate home of the state's first governor, Nelson Dewey, now offers a glimpse of the past with a reconstructed rural farm community of the early 1900s, an 1893 house built on the ruins of Dewey's home, which burned in 1873, and historic farm tools in the State Agricultural Museum. ★

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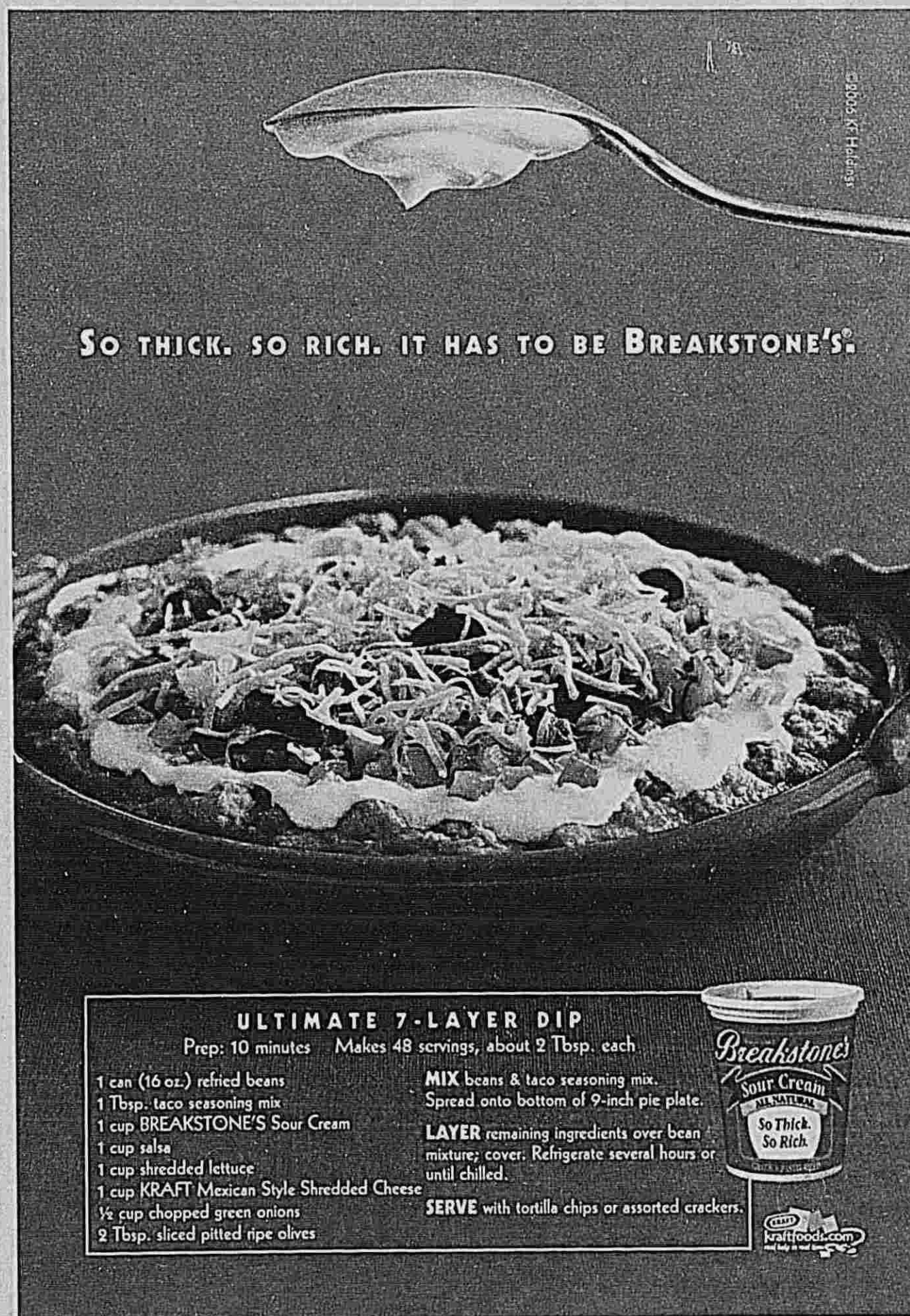
Prep: 10 minutes Makes 48 servings, about 2 Tbsp. each

1 can (16 oz.) refried beans
1 Tbsp. taco seasoning mix
1 cup BREAKSTONE'S Sour Cream
1 cup salsa
1 cup shredded lettuce
1 cup KRAFT Mexican Style Shredded Cheese
½ cup chopped green onions
2 Tbsp. sliced pitted ripe olives

MIX beans & taco seasoning mix. Spread onto bottom of 9-inch pie plate.

LAYER remaining ingredients over bean mixture; cover. Refrigerate several hours or until chilled.

SERVE with tortilla chips or assorted crackers.

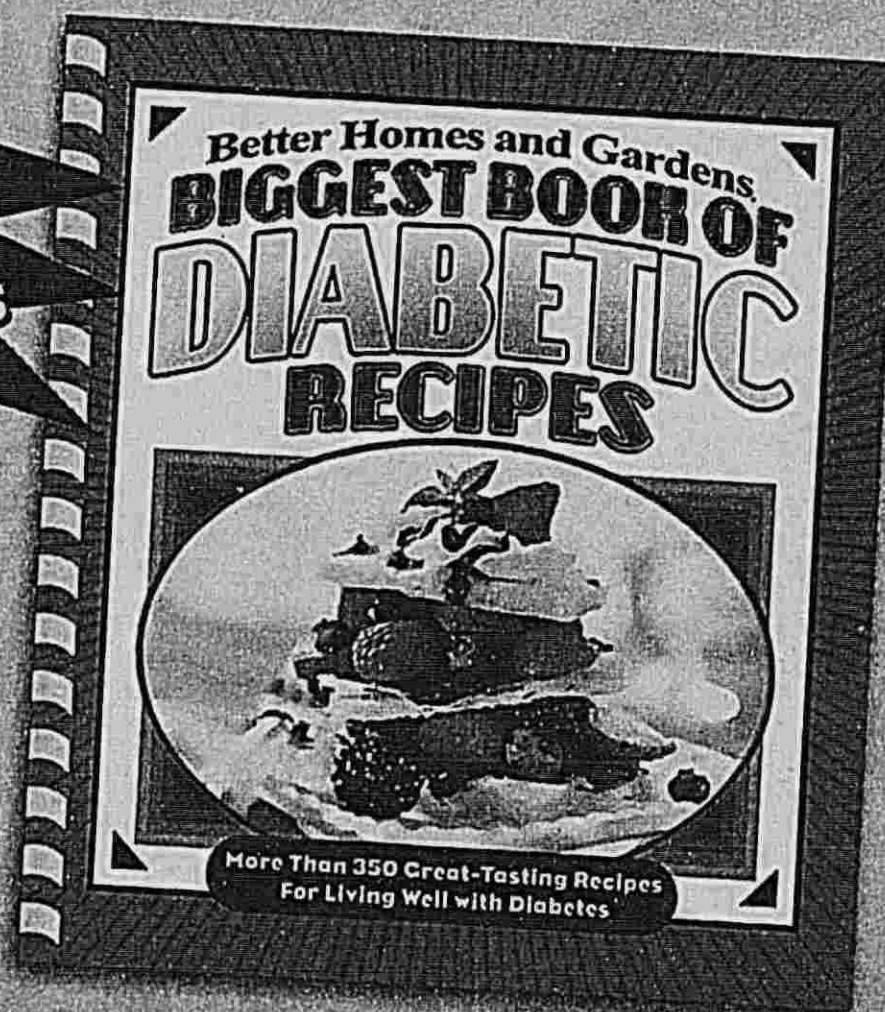


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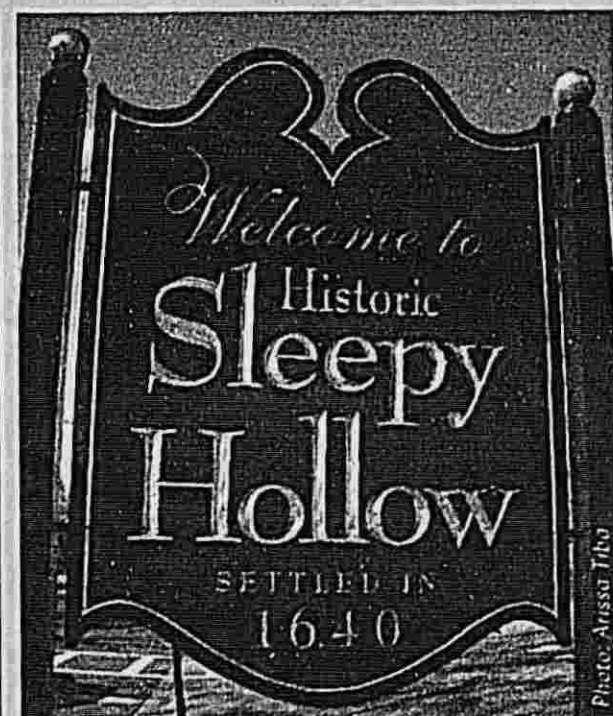
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Sleepy Hollow, N.Y., treasures its storied past.

(Continued from page 11)

The Dutch settled this area in the 1600s, which later became Tarrytown (pop. 11,090) and North Tarrytown, N.Y. Writer Washington Irving, who lived in Tarrytown, wrote the story *The Legend of Sleepy Hollow*, which took place in North Tarrytown and made Irving famous. Several years ago, North Tarrytown changed its name to Sleepy Hollow (pop. 9,212). Another famous resident of the area was John D. Rockefeller Sr., who would walk down the main street and, each child he encountered, he would hand out 11 cents and say, "Save the dime and spend the penny."

—Stephen J. Fieback

I'm proud to be from Graves County, Ky. (pop. 37,028), and the people who have risen from small town surroundings to become renowned. We boast of the late Vice President Alben Barkley being born in a log house in the small community of Wheel, as well as Graves County producing four U.S. congressmen.

—Alicia Morris

Delaware, Ohio (pop. 25,243), is not only home to the 19th president of the United States, Rutherford B. Hayes, and Ohio Wesleyan University, it also lays claim to one of the nation's oldest and most prestigious harness racing events, The Little Brown Jug.

—Todd Hanks

The Little Brown Jug race in Delaware, Ohio



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Senior Citizens with Money in the Bank Should Read This Before It's Too Late

If you have worked hard all your life and managed to put away a nest egg, you might end up losing most of your life savings because of a defect in Medicare.

If you or your spouse suddenly become ill and require extended nursing home care...NO ONE will help you with the nursing home bills. Medicare won't and neither will your health insurance. By law you are responsible for the nursing home bills yourself. Only after you have used up virtually all of your money, will Medicaid step in. That's because Medicaid, like Welfare, only aids the poor. By some estimates, the average couple's life savings can be wiped out after only 13 weeks of nursing home care.

Rich people don't have to worry because they can afford super-expensive special nursing home insurance, while the poor are taken care of by Medicaid.

Now that just doesn't seem fair to working people with a lifetime of hard-earned savings. The system they have supported with tax dollars, seems to have forgotten them. Savings intended to provide security in retirement, or help for children, can quickly go up in smoke.

The fact is, if you don't know how to protect your assets, here's what can happen to you. By law, before Medicaid will pay nursing home bills, you may have to spend all your countable assets except \$2000 (or as low as \$1500 in some states). Countable assets mean not only money in checking and savings accounts...but also any funds in CD's, IRA's, Savings Bonds, Mutual Funds, stocks, whole life insurance, annuities and other types of investments, as well as most trust assets.

They can also take a vacation home or a second car. In

addition, (except for a small personal spending allowance and a health insurance payment allowance) your entire Social Security or pension check can be taken to cover nursing home expenses. What's more, if you are single or widowed, you can even lose your house.

According to the federal law called the Spousal Impoverishment Act, if one spouse requires extended nursing home care, the healthy spouse can be forced to surrender HALF of their combined countable assets. And if you have a sizeable estate, they can legally take MORE THAN HALF.

Is there anything you can do to stop this nightmare from happening to you? Yes. You are protected by law and can use several legal techniques to place your countable (or vulnerable) assets into the uncountable (or protected) category. The problem is, most people are not aware of their legal rights. Unfortunately, most people think Medicare will take care of them, so they unknowingly leave their assets vulnerable and in jeopardy.

Your legal rights and the many methods of protecting your money are now revealed in "How to Protect Your Financial Security." This financial self-defense manual tells you simple legal procedures for preserving your money and warns of pitfalls to avoid. Here is some of the valuable material you learn:

- Legal ways to turn countable (or vulnerable) assets into uncountable (or protected) assets
- How to protect your house from being sold to pay your nursing home bills
- How to protect a second car or vacation home

- If you give your money to your children without following these precise guidelines, a nursing home could get your money anyhow
- What you need to know about Living Trusts
- What lawyers never tell you about protecting your will

As a hard-working taxpayer, you have a legal right to protect your life savings for yourself, your spouse or your heirs. You don't have to be rich to have peace of mind. You just have to follow the easy steps outlined in "How to Protect Your Financial Security."

Although "How to Protect Your Financial Security" can easily save you thousands of dollars, the price is very reasonable. Right now, you can receive a special press run for only \$12.95 plus \$2.00 postage and handling. It is not available in any bookstore. It is only available through this special offer on a 90 day Money Back Guarantee. If you are dissatisfied in any way, just return it in 90 days for a full refund, no questions asked.

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